

## Centre Based

## Don't forget to give us a call if you can't make it to your program

**September 2021** program on 07 5578 1668

TUESDAY	WEDNESDAY		
HOUSTON YES, THIS IS DOG	1 <u>Paid Venue</u> Morning Tea @  Country Paradise Parklands  4211 Café  Nerang RSL	6	
Crazy Sock Week  Meditation and Chair Yoga	Crazy Sock Week Sports Trivia	1	LOOK DEEPLY INTO MY EYES YOU FEEL COMPELLED TO BUY ME A BONE
14 <u>Picnic</u> Cascade Gardens Bring a hat and jacket	15 <u>Nutrition</u> Quoits +  Celebrity Heads  * Games with a twist	2	SPRINGBREAKEU
21 Celebrating  Disability Action Week	22 Celebrating  Disability Action Week	3	ALPACA MY BAGS!!
Exercise Circuit + Plunk It!!!	28 Exercise Circuit + Plunk It!!!	4	

We are celebrating **<u>Disability Action Week</u>** in centre....

Sausage Sizzle, Gatsby/ Art Deco theme/ Raffles/ Fancy Dress and lucky door prizes and more.... Community Access and Centre Based will be combined in centre. We will have black jack tables, The Big Wheel and games. So ladies pop on your pearls and feather boa, add a little glitz and glamor, wear a headband or a hat... Gents break out your braces, tie and hat and get ready to party.